

Neck Stretches

The following exercises aim to improve flexibility of the neck, release tension in the shoulders and strengthen the muscles.

Proper Stretching Technique

- **ALWAYS STRETCH BOTH SIDES EVENLY.** Do not stretch one side more than the other, unless recommended by your practitioner.
- Stretch slowly and smoothly. Hold each stretch for about thirty seconds then release gently, unless stated otherwise. Never bounce or push a muscle beyond its ability.
- Avoid over-stretching. Never stretch to the point of pain or discomfort. You will feel a slight tension or pull on the muscle at the peak of the stretch.
- Don't forget to breathe. Using deep breaths will help you relax into the stretch. Never hold your breath while you stretch.

If you feel sharp pain at any time during these exercises, stop and seek further advice from the Chiro Clinic.

Neutral Position



Sitting upright with the head straight in front of you is your neutral position. Be sure to keep the head straight and not tilted to your favoured side.



Flexion / Extension Exercise

From the neutral position take your neck through its full range of movement both forwards (flexion) and backwards (extension).

Do not hold the backwards/extension exercise for more than a few seconds.



“Jaw Jutt” Exercise (Upper Cervical Extension)

From the neutral position, push your chin forwards as far as you can, then from this position lift the chin up into the air extending the head backwards. Hold for a few seconds, then release.

Another version of this exercise is to push the jaw out as far forwards as you can, then retract the chin in as far as possible, holding for a few seconds in each position.



Rotation Exercise

From the neutral position, turn the head over one shoulder as far as you can take it and hold for a few seconds. Repeat this to the other side.

Ideally you should be able to look behind you!



Lateral Flexion Stretch

Starting from neutral, tilt the head to one side as if trying to place your ear on your shoulder. Be sure not to lift the shoulders.

You will feel a pull through the neck into the shoulder.



This exercise can also be done with the use of the hand as shown. Once you are in the position above gently place the hand on top of your head and pull downwards and slightly forwards.

Always stay within your comfort zone...Do not OVER STRETCH!



Isometric Neck Exercises

Starting from the neutral position, place one hand to the forehead as shown. Push your head into your hand for 5 seconds then release. Repeat this exercise as instructed by your practitioner.



Repeat this exercise with the hand at the side of the head. Push into the hand for 5 seconds then relax. Repeat on the other side.



With both hands placed behind the head, perform the same exercise pushing the head backwards into the hands.